

Parent Tips For Your Child's Dental Visit

Your child's first visit to the dentist should occur around age 12 months. This will help your child avoid problems later. I've got some "hot" tips for that visit. Are you ready?



- Tip #1** Select a time when your child is alert and rested.
- Tip #2** Consider a "get acquainted" visit before the "real thing".
- Tip #3** Tell your child that the dentist is a friend who will keep his teeth healthy.
- Tip #4** Avoid the word hurt. (Check-ups and most first visits have nothing to do with "hurt".) Answer your child in a positive way.
- Tip #5** Read your child a story about someone who had a good visit.
- Tip #6** Give your child some control over the visit. (Offer choices as "Red toothbrush or a green one?" or "Will you hold your bear or should I?")
- Tip #7** Let the dentist do most of the talking. (This helps the dentist and your child become friends. You and the dentist can talk later.)



Be sure to:

- 1) ask the dentist about fluoride, snacking, brushing and sealants.
- 2) take your child to the dentist on a regular basis.

For each statement below, circle "T" for true or "F" for false.

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| T | F | 1. Tell your child that the dentist will help keep his teeth healthy. |
| T | F | 2. Be honest and tell your child that it may "hurt" at the dental visit. |
| T | F | 3. Let the dentist do most of the talking to your child during the visit. |
| T | F | 4. Ask the dentist questions about fluoride, snacking, brushing and sealants. |

Answers: 1. True 2. False 3. True 4. True



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